



- 30 minutes of physical activity – 7 points
- One 8 oz. glass of water – 1 point
- 1 fruit or vegetable serving – 2 points
- 1 day without using tobacco – 2 points
- Forward SummerFit email to a friend – 2 points
- Weekly bonus – 10 points

Week 3 (Jun 25-Jul 1)	M	T	W	T	F	S	S
Physical Activity							
Drinking Water							
Fruit and Vegetables							
No tobacco use							
Forward to a friend							
Weekly Bonus							
Totals							
Subtotal Week 3 _____							

Week 6 (Jul 16-22)	M	T	W	T	F	S	S
Physical Activity							
Drinking Water							
Fruit and Vegetables							
No tobacco use							
Forward to a friend							
Weekly Bonus							
Totals							
Subtotal Week 6 _____							

Week 1 (Jun 11-17)	M	T	W	T	F	S	S
Physical Activity							
Drinking Water							
Fruit and Vegetables							
No tobacco use							
Forward to a friend							
Weekly Bonus							
Totals							
Subtotal Week 1 _____							

Week 4 (Jul 2-8)	M	T	W	T	F	S	S
Physical Activity							
Drinking Water							
Fruit and Vegetables							
No tobacco use							
Forward to a friend							
Weekly Bonus							
Totals							
Subtotal Week 4 _____							

Week 7 (Jul 23-29)	M	T	W	T	F	S	S
Physical Activity							
Drinking Water							
Fruit and Vegetables							
No tobacco use							
Forward to a friend							
Weekly Bonus							
Totals							
Subtotal Week 7 _____							

Week 2 (Jun 18-24)	M	T	W	T	F	S	S
Physical Activity							
Drinking Water							
Fruit and Vegetables							
No tobacco use							
Forward to a friend							
Weekly Bonus							
Totals							
Subtotal Week 2 _____							

Week 5 (Jul 9-15)	M	T	W	T	F	S	S
Physical Activity							
Drinking Water							
Fruit and Vegetables							
No tobacco use							
Forward to a friend							
Weekly Bonus							
Totals							
Subtotal Week 5 _____							

Week 8 (Jul 30-Aug 5)	M	T	W	T	F	S	S
Physical Activity							
Drinking Water							
Fruit and Vegetables							
No tobacco use							
Forward to a friend							
Weekly Bonus							
Totals							
Subtotal Week 8 _____							

GRAND TOTAL _____

